



EXCITING NEWS IN 2020

SAMBA, Still the Wise Choice

Changes coming in 2020

Enjoy premium reductions and increased benefits for both the **Standard Option** and **High Option**.

2020 **biweekly** premium

	Self Only	Self Plus One	Self Plus Family
Standard Option	\$78.52 (-\$8.33)	\$171.88 (-\$33.34)	\$179.14 (-\$24.74)
High Option	\$180.42 (-\$10.64)	\$411.49 (-\$22.96)	\$452.37 (-\$33.28)

2020 **monthly** premium

	Self Only	Self Plus One	Self Plus Family
Standard Option	\$170.13 (-\$18.05)	\$372.41 (-\$72.23)	\$388.14 (-\$53.60)
High Option	\$390.91 (-\$23.06)	\$891.56 (-\$49.74)	\$980.13 (-\$72.12)

We are excited to offer these new benefits.

- Reduced in-network copay for primary care office visits: \$15 for High Option and \$20 for Standard Option
- Two free Teladoc visits per patient, per calendar year
- Prior authorization no longer needed for durable medical equipment
- Reduced calendar year deductible for High Option to \$300 per person and \$600 for Self Plus One and Family enrollments

Is Medicare Part B primary for you?

Great news! If Medicare Part B is your primary insurance, your prescription costs for generic and preferred brand-name drugs have been reduced.

Standard Option

- \$7 generic copay (30-day supply)
- \$15 generic copay (90-day supply)
- 30% preferred brand-name coinsurance

High Option

- \$5 generic copay (30-day supply)
- \$10 generic copay (90-day supply)
- 25% preferred brand-name coinsurance

New ID cards coming in 2020

SAMBA is continuously working to protect your personal information.

Effective this January, a new SAMBA ID card will replace your current card. This new ID card will help to improve the security of your health plan information by providing you with a new alphanumeric health plan ID number.

Be on the lookout to receive your new card before the beginning of the new year. Once your new card is received, please discard your old card and be sure to let your health care provider and pharmacy know that you have a new ID number.

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Your prescription drug coverage and Medicare

The Centers for Medicare and Medicaid Services (CMS) require that Medicare Part D eligible individuals receive a **Medicare Part D Creditable Coverage Disclosure Notice** from their current health plan each year.

Will I receive this notice?

If you (or your covered dependents) have Medicare or will become eligible for Medicare in the next 12 months, you will receive this notice from SAMBA before October 15, 2019.

The Office of Personnel Management (OPM) has determined that SAMBA's prescription drug coverage is considered Creditable Coverage.

What does this mean for you? This means that you do not need to enroll in Medicare Part D or pay extra for prescription drug coverage.



Need additional information?

Contact **SAMBA** customer service at **800.638.6589**.



How can SAMBA better serve you?

SAMBA is committed to providing excellent customer service to our members.

As part of this commitment, we take part in the Consumer Assessment of Healthcare Providers and Systems (CAHPS®), a member satisfaction survey, to obtain your feedback on how we are doing.

Each year, a percentage of our membership is selected to participate in the survey. This gives you the chance to tell us what you think about the care and service we provide at SAMBA.

Were you one of the participants this year? If so, thank you for helping make health care better for everyone.

We continue to hear from our members who believe our customer service is what really distinguishes SAMBA from other Federal plans. Once again, SAMBA has received high overall satisfaction ratings on the annual CAHPS member survey.



It's about you

Cervical cancer is the easiest female cancer to prevent, with regular screening tests and follow-ups.

Two screening tests can help find cervical cancer early, the Pap test (or Pap smear) and the HPV test.

The most important thing you can do to help prevent cervical cancer is to have regular Pap tests.* Your provider will recommend the frequency of the testing for you, based on your risk factors.

A small step can make a big difference to your health – and your life. Take the right step and call your provider or OB/GYN to schedule a Pap test or HPV test today.

If your provider is a Cigna® Network provider, your annual routine gynecological visits are covered **at no additional cost to you**, including the Pap and HPV tests.



Need help finding a Cigna Network provider?

See our online directory at **SambaPlans.com**. Click on "Health Benefit Plan" and choose Cigna Provider Directory, or call **800.887.9735**.



*This information is for educational purposes only and is not intended as medical advice. Always consult with your provider for appropriate examinations, treatment, testing and care recommendations.



Clear the clutter – Go paperless

Did you know that you have the option to stop receiving paper Explanation of Benefits (EOB)?

Sign up for e-statements today! It's easy. Just visit **SambaPlans.com** and click on the **Member Login/Register** link at the top of the page to get started.

You can register if you are a new user or, if you are already a member, log into your SAMBA account.

Once you reach the *Member Services* page choose "Medical Claims History." There you will see the "Go-Paperless" selection box where you can "Opt-in" to receive electronic notices.

When you opt in, an email will be sent to alert you that a new EOB is available. You can view, print or download your EOBs at any time.

Contact SAMBA customer service at **800.638.6589** if you would like more information or need assistance in getting started.



Take your health assessment today

Go to **SambaPlans.com**

- › Enter "health assessment" in the Search field.
- › Click on the health assessment link to be redirected to the SAMBA/myCigna web page.
- › Register as a new user or sign in to your myCigna® account.

Upon completion of the assessment, you'll receive a report that will tell you what you are doing well and where you may need to improve. With this knowledge, you will have the power to make positive changes in your life.

SAMBA will apply a \$25 credit toward your calendar year deductible after you complete your health assessment. This incentive is limited to two covered individuals per family (over age 18) and allowed once per calendar year.



SAMBA's Long Term Disability plan provides financial security

Guard against loss of income due to a disabling condition – on or off the job. You depend on your income, so you can't afford not to protect it.

If a disability keeps you from working, SAMBA's Long Term Disability coverage can provide the income you need to continue meeting day-to-day expenses.

Plan benefits include:

- › **Income Protection Benefit:** After you have been disabled and unable to work for 60 days, you can qualify for monthly income benefit payments.
- › **Survivor Benefit:** In the event your disability results in your untimely death, a survivor benefit is payable to your beneficiary.
- › **Hospital Confinement Benefit:** For each day you or a covered family member is confined to a hospital, the plan pays a daily benefit.

You are eligible to enroll in the **Long Term Disability** plan if you are under age 62 and are actively at work as a permanent full-time employee of a federal agency.**

For more information and to enroll, visit the SAMBA website, **SambaPlans.com**, or call customer service at **800.638.6589**.

** You must reside in the United States at the time of enrollment. This coverage is not available if your regular place of work is your home or other residence.

See what's new in 2020!
2020 premiums included



PRSRF FIRST CLASS
U.S. Postage PAID
Carol Stream, IL
Permit No. 1725

SAMBA FEDERAL EMPLOYEE BENEFIT ASSOCIATION
Healthwise

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